

2005 TRI-MOUNTAIN REGATTA

SUNDAY, October 16, 2005

Thank you for your entry into the 20th Annual Tri-Mountain Regatta! Enclosed in this packet is a summary of vital information, the rules for the regatta, a schedule of events, parking information, race course, and the Rules of Racing. Please review the schedule for the accuracy of your entries.

Regatta Meeting: Meeting will be outside in front of the restrooms **7:15am**. The course will be reviewed and any final schedule changes reviewed. All teams are asked to have a representative at the meeting. **PLEASE DO NOT BE LATE!** **NOTE:** The course has been "added to" from previous years. It is in your best interest to attend the meeting!

Weather: Think calm, overcast, no wind or fog! There is a backup plan for wind from the north or south. So the meeting is important to attend!

Regatta Rules: A copy of the rules will follow. Please have all team members who are responsible for steering review the rules before the meeting Sunday morning. The rules will not be read at the meeting, only questions answered.

Bow Numbers: Please check regatta packet for a schedule and two (2) sets of numbers per event. Numbers are to be pinned at all four (4) corners on the back of the bow rower and coxswain. More pins are available at the packet pickup/registration table. Coxless boats will wear a bow number only. Make sure the number is on your rowing shirt and not hidden under a jacket or other shirt.

Bow Balls and Foot Stretchers: All boats must have bow balls and quick release shoes and/or clogs. Boats without bow balls or proper foot stretchers will not be allowed to launch.

Overnight Boat Trailers Storage: Saturday night parking is available offsite in a secure location. Please call Mount Baker (206-386-1913) before Saturday if you would like to reserve a space and get directions. Please arrive between 5:00- 6:00pm on Saturday. Overnight recreation vehicles are not permitted to park on site!

Trailer / Boat Parking: Trailers and single vehicles with boat(s) who arrive before 7am the day of the race will be escorted to designated parking spots in the parking lot near the Mt. Baker Rowing and Sailing Center. Important to keep fire lanes free of trailers and boats! If space is available, this parking area will open up to single car parking **after 7am**. Boat trailers and cars with boats **after 7am** are on their own for assisted parking.

Boat Staging and Slings:

Staging: Boats can be set up in the triangle grass area, designated parking lot area, grassy area or next to your vehicle as long as it doesn't block parking and the fire lane.

Slings: Empty slings will not be allowed to 'reserve' space(s). Slings must have boats in them for rigging and use within moments of setting them out.

Boat Launching: There are three areas that you are safe to launch.

8+, 4+, 4x, 2x, 1x = Two floating docks in front of Crew House.

4+, 4x, 2x, 1x = Water/Sandy launch at the south end of the Cove

2x, 1x = Water/Sandy launch just south of the Boat Ramp area

Parking Information: **NO** personal vehicles will be permitted to park in the parking lot adjacent to the facility until after 7:00am.

Concessions: Hot breakfast, hot lunch, snacks, hot and cold beverages and more will be available at the regatta site. Commemorative CUSTOM regatta T-Shirts will also be available.

Lightweights: Weigh-ins will be on the honor system! No boat averaging!

Juniors: Girls - 130lbs. Boys – 155 lbs.

Masters/Open: Women - 135 lbs. Men – 165 lbs

Coxswains: Men/Mixed Boats: Minimum 120lbs

Women Boats: Minimum 110lbs

If the weight of a crew and/or coxswain is questioned, the entire boat will be weighed-in at the bottom of the stairwell within 30 minutes of your race's completion. Any crew not meeting the weight requirement or failing to meet within the designated time frame will be disqualified from the race and not receive any awards.

Awards: First, second, and third place ribbons will be awarded to crews based on the final adjusted times. Times will be posted as soon as possible. Award recognition may be picked up in the sail house (near concession) once times are posted.

Changes, Scratches, Additions: Call Mount Baker Rowing at (206) 386-1913 or FAX (206) 386-1914 by Thursday, the 13th by 6pm if you have any changes in your entries or adjustments in age averages. Payment and paperwork for any late additions must be turned in at the Sunday morning meeting. Space and time permitting, late entries will be allowed on the day of the regatta. Day of Regatta Entries pay Double in entry fees.

**Late entries and late changes will not be listed in your schedule. Another reason to attend the coaches/coxswains meeting at 7:15am!

Packet Pickup: The packet will contain: bow and stern numbers for each race entered, safety pins, rules of racing, and a schedule of racing (caution: any late changes will not be reflected in the schedule). The packet may be picked up in the sail house. Your packet will NOT be distributed if you are missing regatta fees, waiver forms, and/or masters ages. REMEMBER: The packet has your entire team's entries enclosed. Keep them in a safe place throughout the regatta.

TRI-MOUNTAIN ROWING REGATTA October 16, 2005 Rules of Racing

Specific Rules of Rowing waived for this regatta are:

- 3-104, Minimum Weight of Boats
- 4-110, Weighing of Competitors
- 4-104, Classification by Age
- 4-106, Lightweight categories
- Age Handicap defined by LOC

WARM-UP & TRAFFIC PATTERN

1. Be careful as you cross the course from the launching area to the warm-up area. Crews racing have right of way, and you will be assessed a penalty if you interfere with their progress. If you launch at least 30 minutes before your race you will be fine.
2. There will be a warm-up area Northeast of the starting line. Crews must make a **counter-clockwise** oval pattern in this area. Do not cut across the middle of the pattern to get to the staging-starting area, but plan your warm-up so you will be in the staging area at the appropriate time. (Try to warm-up behind the crews who will be starting just before you).
3. **DO NOT GO NORTH OF I-90 BRIDGE!**
4. **DO NOT GO FURTHER EAST OF ORANGE BUOY- BLACK FLAG POLE on BRIDGE!**

STARTING

1. Crews should be assembled in the pre-start "staging" area and sorted in order at least 5 minutes before the assigned start time. You are responsible for knowing the numbers/identification of the crew in front of you and the crew behind you **before** you go out on the water. A Marshall will be in the warm up area near the starting chute to clear you to start.
2. The most northern yellow triangular marker buoy and a smaller orange buoy mark the "ready to race line". Wait there until the Marshall calls "Number XX, Get Ready to Race", (you should move up between the buoys "ready to race", approximately 100m before the start line). A horn will signal the start of the crew in front of you at the second set of yellow marker buoy and stationary sailboat, at that time you depart the "ready to race" buoys towards the start platform (orange and white sailboat) and a large yellow triangular marker buoy. Your boat must go between the starting platform and the yellow marker buoy. A horn will signal the start of your race. Coxswain or bow person may turn and yell the number to the starter to insure positive identification.
3. The horn also signals the next crew waiting at the "ready to race" buoys to head towards the start of their race.
4. Crews are responsible for maintaining their proper order and interval and for staying in the chute as they approach the "ready to race" line and the "starting" line.
5. The Regatta Starter will be located on the sailboat and will administer the starting procedures. A marshal will be near the ready to race area for assistance. The commands to be given are "Number xxx, Ready Go!". Crews should cross the starting line at race pace. Coxswain or bow person must also turn his/her head and yell the number to the starter for verification.
6. The **bow person** will wear an assigned bow number on his/her back in a highly visible manner. The **coxswain** will also wear the same assigned number on his/her back in a highly visible manner. This number denotes the crew's place in the starting order. A 30 second penalty will be given to any crew starting out of order. A crew will not receive a time if they are not properly and clearly identified with bow and stern numbers clearly displayed.

BODY OF THE RACE

1. After the start, due south approximately 400 meters away, there will be a large yellow triangular marker buoy which you must pass to your PORT side of your shell. After which, there will be a series of three (3) large orange buoys at regular intervals that will mark the center line of the race course. These buoys must pass on your STARBOARD side of your shell.
2. **NOTE:** Don't get 'sucked' towards the shoreline by other buoys marking the return course. Pay strict attention to the course buoys that point towards Andrews Bay/Seward Park.
3. **REMEMBER:** Orange buoys will be on your starboard side and yellow marker buoys will be on your port side. **NOTE:** Permanent and very hard 7-Knot buoys are located on the course and marked with orange buoys. Please avoid all buoys at all times.
4. Time penalties of 10 to 60 seconds, or exclusion will be assessed for race course buoy or traffic pattern violations by judge/referees on the course.
5. Regatta Monitors will be positioned throughout the course. WHITE FLAGS will be used to warn or to exclude crews. Regatta Monitors are empowered to exclude a crew on the spot while a race is in progress. Any crew excluded from racing must stay clear of all crews and return directly to the launching area.
6. **RED FLAGS** will be used to stop all racing. If a red flag is raised, crews must stop racing/rowing immediately and proceed directly to the nearest shore.

RIGHT OF WAY

1. An overtaking crew has right of way. A crew is deemed to be overtaking another crew when it has moved to within one-half of a shell length of open water of the crew ahead. The crew being overtaken **must move to port when buoys are on starboard and move to starboard when buoys are on port** and allow the overtaking crew to pass.
2. **AT THE TURN:**
 - a) it's a four buoy turn with the buoys being on your starboard side
 - b) an overtaking crew must be one-half of a length **AHEAD** of the overtaken crew by the turn
 - c) passing is acceptable, **HOWEVER**, overtaking crews must pass the slower crew in a safe manner without infringing on the chosen course and power of the overtaken crew.
3. The overtaking crew must give adequate warning of its intent to pass by calling "Overtaking, Move to Port, Move to Starboard". More than one call may be necessary.
4. Abusive language and unsportsmanlike behavior will be not be tolerated. Marshalls will be monitoring all boats and determine any penalties or elimination from racing.
5. A crew that fails to yield to a crew having proper right of way may be penalized. **Both** crews may be penalized if there is any contact between shells or oars during passing.
6. The Chief Judge/Referee will be located on shore at the finish line area during racing. The finish line will be sited from the pier to two large buoys (1- large orange buoy on your starboard side and one large triangular yellow marker buoy.) To help identify your crew, call out your number and crew name at the finish line.
7. Protests should be acknowledged at the end of the race, with a hand raised by your bow rower directly after the race. Within 30 minutes of finishing, your written protest and \$25 should be given to the official at the finish line.

EQUIPMENT DAMAGE

1. Crews responsible for damage to boats, buoys, or other equipment will be held financially accountable.

PENALTIES

Traffic Pattern	30 seconds; only invoked if a crew creates an unsafe condition in the warm-up area or leading in to the start area.
Crossing Mid-Line	30 seconds; only invoked if a crew creates an unsafe condition by crossing the mid-line. If there's no one coming the other way, we'll let it slide. BUT, there will be a penalty for missing a buoy (ie. port buoy on the southbound leg from the start, starboard buoys on the turn, etc.)
Failure to Yield	30 seconds
Any Contact	60 seconds or exclusion for the crew at fault in a collision
Starting out of order	30 seconds
No Visible bow number	No time because of identification reasons, however, if the crew can be identified - a time will be given.